Chichester Herald

Friday 14th March 2014
YOUR FREE WEEKLY NEWSPAPER
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CFT set for new era

>> *Chichester Festival Theatre announces Festival 2014 season*

Susanna Reid
NEWS@CHICHESTERHERALD.CO.UK

CHICHESTER FESTIVAL THEATRE has announced an all-star programme for the summer as they get set to open their new multi-million pound showpiece

Festival 2014 isn't just 'another' season – this summer heralds the transformation of the newly refurbished Chichester Festival Theatre, which reopens in July following a £22 million redevelopment

The major improvements to the Grade II* listed building will greatly enhance the experience of audiences, actors and creative teams visiting the Festival Theatre. With a transformed auditorium, increased seating capacity of 1,300, more spacious foyer areas with new cafes, bars and outdoor terraces, as well as improved and expanded artist facilities, Chichester Festival Theatre's high artistic reputation will now be matched by world-class spaces

The Festival Theatre opens in July with a major new production of Amadeus by acclaimed playwright Peter Shaffer, featuring Rupert Everett as embittered court composer Salieri, and directed by Jonathan Church, Chichester Festival Theatre's Artistic Director

A celebration of Peter Shaffer's work is a major thread running through the season. His association with Chichester dates back to 1964

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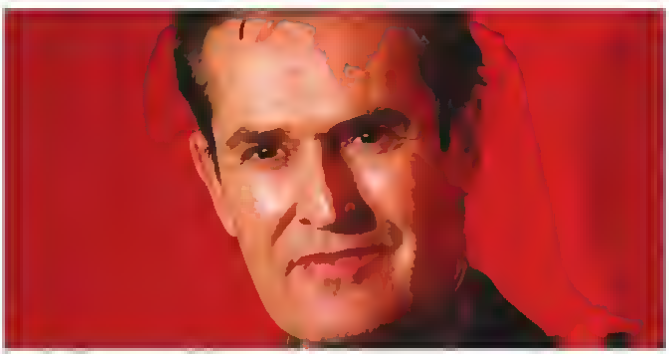

Rupert Everett is set to appear in Chichester

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MULTIMILLION POUND MIDHURST COMMUNITY AND LEISURE CENTRE OPENS ITS DOORS Page 18

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Chichester Festival Theatre announces Festival 2014 season

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when The Royal Hunt of the Sun was commissioned by Laurence Olivier, the Theatre's first Artistic Director. This was followed by Black Comedy in 1965, and this glorious farce will also feature in Festival 2014. In addition to productions of Amadeus and Black Comedy, there will also be rehearsed readings of Shaffer plays, while actors, directors and speakers from the arts will share their experiences of working alongside one of Britain's greatest and most innovative living writers.

Chichester's commitment to championing new writing is demonstrated by three world premieres. Richard Bean, writer of the award winning, globally acclaimed One Man, Two Guvnors makes his Chichester debut with Pitcairn. This drama explores the fallout from the mutiny on the Bounty with salty humour and growing horror. It will be directed by MaxStafford-Clark, with whom Bean collaborated on The Big Fellah, and is a co-production with Out of Joint and Shakespeare's Globe.

Pressure by David Haig who also features in the cast, alongside Malcolm Sinclair – tells the little known true story of a Scottish meteorologist's crucial role in determining the outcome of the 1944 June D-Day landings. The 70th anniversary of this key event will be marked this year. This is a co-production with the Royal Lyceum Theatre, Edinburgh.

Taken At Midnight by Mark Hayhurst uncovers the harrowing true story of Hans Litten, a celebrated lawyer in 1930s Germany, who famously put Hitler on the witness stand, with devastating consequences. The cast features Penelope Wilton as Litten's mother in the second Festival 2014 production to be directed by Jonathan Church.

Rebecca Lenkiewicz has written a new version of Miss Julie – the powerful exploration of sex, class and power by August Strindberg – in which the title role will be played by Rosalie Craig making her Chichester debut following her award-winning performance in The Light Princess at the National Theatre. Miss Julie will be paired with Black Comedy; this double bill originally premiered at Chichester starring Maggie Smith and Albert Finney.

The final premiere of the season will be Bryony Lavery's new adaptation of The Hundred and One Dalmatians. Chichester Festival Youth Theatre will stage this much loved classic, directed by Dale Rooks.

Two major Broadway musicals will also be at the heart of Festival 2014. The multi award-winning Guys and Dolls will be the first musical staged in the Festival Theatre following its reopening. Based on colourful stories about New York gamblers by Damon Runyon, the production will be directed by Gordon Greenberg, with choreography by Carlos Acosta, one of the leading dancers of his generation. The cast features Clare Foster as Sarah Brown, Jamie Parker as Sky Masterson, Peter Polycarpou as Nathan Detroit and Sophie Thompson as Miss Adelaide.

The hugely anticipated Gypsy will open in the autumn. Imelda Staunton leads the cast as the indomitable Mama Rose, widely acknowledged to be one of the supreme female musical roles. She is joined by Lara Pulver and Kevin Whately, who makes his Chichester debut as Herbie. The production reunites Staunton and director Jonathan Kent in a musical at Chichester, following their award-winning collaboration on Sweeney Todd. Choreography is by Stephen Mear whose Chichester credits include Kiss Me, Kate and The Pajama Game, both of which transferred to the West End.

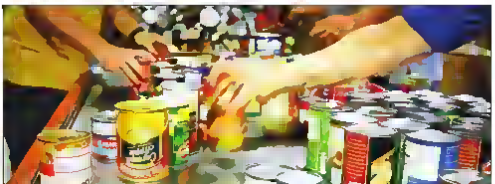
Other leading actors who will appear during Festival 2014 include Zoe Wanamaker playing the title role in Stevie, Hugh Whitemore's play about poet Stevie Smith, alongside Lynda Baron and Chris Larkin. Dervla Kirwan features in the bittersweet romance Frankie & Johnny In The Clair De Lune by Terrence McNally, and Chichester favourite Patricia Routledge returns in Oscar Wilde's classic drama, An Ideal Husband, directed by Rachel Kavanaugh.

Artistic Director Jonathan Church said: "We're immensely proud of our new theatre and of the season that celebrates our year of transformation. As great writers, great directors and great performers are at the heart of what we do, I'm thrilled to present a programme distinguished by the finest dramatic writing, with new plays standing front and centre of our season. Of course, both our audiences and the artists that work at Chichester are integral to our success and I look forward to renewing and strengthening our relationships with them during the important year ahead."

Executive Director Alan Finch said: "We're now just a few months away from reopening our completely refurbished Festival Theatre and excitement is growing. We are in the closing stages of raising £22 million for the RENEW project as we complete the restoration and upgrading of our much loved theatre. This achievement has only been made possible because of the commitment and support of our audiences, individual donors, stakeholders and businesses, as well as Arts Council England, West Sussex County Council and Chichester District Council. We'd like to say a heartfelt thank you to everyone as we look forward to welcoming our audiences back to the Festival Theatre.

Let us know what you think @Chiherald

Chichester food bank users treble in 18 months



IT USED TO BE A LAST-DITCH STOP for a few dozen struggling and desperate families. But now a food bank in Chichester has said the number of people needing its services has nearly trebled since it opened 18 months ago.

Organisers said people had been walking from Selsey, which is eight miles away, to collect food parcels.

A food bank is a non profit, charitable organization that distributes food to those who have difficulty purchasing enough food to avoid hunger.

Manager Joanne Kondabeka said the food bank attracted 60 people a month when it opened, but now it helps 170.

This has forced organisers to open two satellite centres in Petworth and Selsey.

Ms Kondabeka said: "Thirty percent of people who come here have their benefits delayed, sometimes two weeks, sometimes six weeks.

"About 25% of the people who come here are on low income and are really struggling being on the minimum wage.

Sally Whitney, who has multiple sclerosis and relies on the Chichester site, said: "We have to rely on the food bank and they've been absolutely wonderful.

"They've saved us from literally starving.

"When I first starting using the food bank I felt embarrassed, degraded, my confidence was knocked. It was so embarrassing to rely on someone to have food."

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Anorak Corner

Interesting snippets of information about Chichester

Goodwood airfield was built during the Second World War by the Royal Air Force as a relief landing ground for nearby RAF Tangmere. The site was the former Westhampnett Farm and part of the Goodwood Estate. It was known as RAF Westhampnett.

Tweets of the Week

All tweets are from Chichester people or about the area (Some tweets may contain errors) **Let us know what you think @Chiherald**

@WSCCNews • Mar 10
The Commonwealth flag is flying from County Hall #Chichester today to mark #commonwealthday

@Discover_Chi • Mar 9
Follow @discover_chi for daily tweets about events in Chichester & across the whole district. Have a look at our timeline for recent tweets!

@MidhurstUK • Mar 11
After huge success of @bbc2 #tudormonastery @WealddownMuseum launches special guided tours Can't wait!

@Alastairortho • Mar 12
Turning out to be a bright day in #chichester II oth us and the patients enjoying the view from our cathedral room!

@SophieBishop1 • Mar 11
Er I don't think it's acceptable for you to wear a bandeau with short shorts around Bosham, you look like a tramp

@DKislingbury • Mar 11
Spent the afternoon walking along West Wittering beach Spring h finally here..) #Beach #Sun #Sussex #Photography

@LotusStyling • Mar 11
Great quiz night at Pagham FC Friday - we raised around £450 for @ChestnutSussex - thanks to all for great efforts

@JadeWingate • Mar 12
Bloody pot hole down Aldwick road has cost me a new tyre :(not happy Will be contacting the council

@emma89_1 • Mar 12
Rooftop for Goodwood Mirage at #Cheltenham today great horse on the flat & some fab memories of him at @Goodwood_Races...bring it home AP!

@MariaFowler • Mar 12
Tanning done for the day Hope the girls love their @amazingorange spray tans..Off to Chichester tomorrow 2 more days of training students

"Stop you there Tom, it's men and women nowadays"

GREAT DAY
I had as good a day as a man can have on Tuesday of this week

FIRE
I was driving round the Fire Station roundabout Stuck in the middle of the road was a people carrier with a young mum and two toddlers emergency lights flashing.The mum was the coolest customer under pressure imaginable I'd have been flapping like a goose on take-off not her But the traffic was whooshing on, she needed a push up the slope into the church car park I had a mate in my ear but a people carrier uphill was too much for Mike and me We need more men So I hammer on the Fire Station door

POLICE
"Right o " says the firefighter who answers So I run back round the corner to the scene Then a police car appears The police officer sticks her head out I explain she leaves me acting in charge while she sets up a road block

SMOKEY AND THE BANDIT
A road block

THUNDERBIRDS ARE GO
The police officers get the push going and then the fire engine shows up Out gets the firefighter in charge and blow me he's an old mate I haven't seen for 10 years He used to run the under 7s at Fishbourne Romans top dad Kim, I say "We need some men too .." he says "Stop you there Tom, it's men and women nowadays" Sure enough out of the fire engine leaps a woman firefighter who starts getting the rescue organised

See Mike and I thought we needed more 'men", but we learned a good lesson out there on the road with the woman police officer organising the road block and the police push the woman firefighter sorting the firefighter push

KIDS
Kim talks about his kids "Grown up Tom " I reply "Mine too" I say "Not really your line of work pushing cars" He replies "We're here to serve " And off they roar round the roundabout and back in.

COUNTRY AND WESTERN SONG
There's something Country and Western about a road block and women who are demonstrably the equal of men Even in Chichester a bit of male kinship, talk of fathers and sons' fault heroics well it gives you a thirst So me and Mike went off to the Chi Inn to celebrate and noted that it took us past the Armoury where you could buy an ammo (with the proper paperwork etc) and then pop next door and buy a banjo

IN OTHER NEWS
The manager of Newcastle is banned for 7 games for "Head butting" an opposing player Actually he put his head against the player's head and gave a little shove Responsible adults everywhere will tell you "An assault can be any act of unsolicited contact It's not a matter of degree "

ONLY A SMACK
Many of the same people who would back the punishment given to the Newcastle manager also hit their children The law allows it These parents who hit their children are shocked when you tell them it's wrong to hit anybody "Oh they say I don't hit my children I just smack them. It's err a matter of degree "

JOKE
What happens if you play a Country and Western song backwards? You get your house back your girlfriend back your pickup back your dog back. "

Contact Tommy: ✉ *tommy.boyd@chichesterherald.co.uk*
Follow Tommy on *@TheTommyBoyd*

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Chichester Herald is a free weekly newspaper available for self selected pick up every Friday across Chichester and the surrounding area in a wide variety of locations with a weekly readership of up to **83,000**

Distribution locations include Tesco Sainsbury's Waitrose Iceland Chichester bus station Chichester train station Westgate Leisure Centre Nuffield Fitness & Wellbeing Cineworld newsagents One Stop Chichester College plus **422 newspaper stands** in the area Chichester Herald is also in all coffee shops We also distribute at least one newspaper to the majority of businesses in your area including industrial estates and the outskirts of the city

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It really does work... the testimonials
Furniture & More based in Terminus Road say "We sit a couple we're having a coffee in this they picked up a Chichester Herald from the stand in the cafe They were in Chichester looking for furniture Having seen our advert they came around to the showrooms and having been impressed with the quality and prices they ordered a large selection of goods from us!

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Cosmetic Event Invitation

We will be holding a free cosmetic information evening at The Bosham Clinic on **25th March at 7pm.**

There will be drinks and canapés on arrival followed by talks from Cosmetic surgeons, Mr Charles Durrant & Mr Jeremy Hurren from Nuffield Health Chichester Hospital.

Dr Annelize Meyer will also be on hand with information on the range of non-invasive options available at The Bosham Clinic.

To RSVP or for more information, contact

01243 885 863

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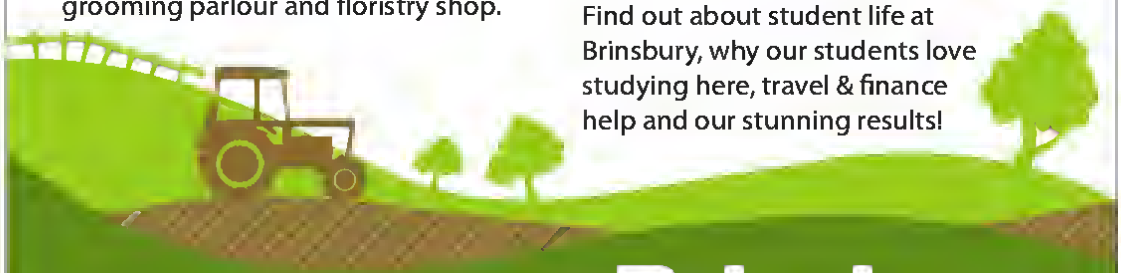
Find out about student life at Brinsbury, why our students love studying here, travel & finance help and our stunning results!



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County Council errs on side of safety in pothole battle

MORE THAN 9,620 potholes have now been repaired by West Sussex County Council since the start of the year.

Ten maintenance gangs, along with six pothole patrol teams, have been out continuously throughout 2014 to keep the roads safe for people to use.

The high level of ground water underneath the road surface has caused problems – with some repairs failing because of it.

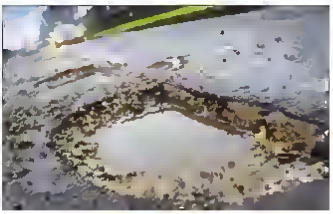
The County Council always tries to make a permanent repair.

However, sometimes wet weather dictates a temporary repair must be made.

Temporary repairs are short term measures to make the road safe.

These repairs are closely monitored and if they fail we return to fix the pothole permanently.

County Council Cabinet Member for Highways and Transport, Peter Montyn, said: "We will always err on the side of safety, which is the reason why we make temporary repairs.



"It is not a question of shoddy workmanship – it is a question of keeping our roads safe during what has proved to be an exceptionally wet time of year.

"If we did these repairs over the summer, we would not be having this problem."

Anyone can report a pothole online.

Log on to www.westsussex.gov.uk and click the 'Love West Sussex' logo on the bottom left hand side of the homepage.

You can report it by smartphone by downloading the free 'Love West Sussex' app either via the App stores or from lovewestsussex@westsussex.gov.uk.

The 'Love West Sussex' App is only to be used for reporting potholes and defects.

For any other problems regarding potholes, call 01243 642105.

To find out how a pothole is filled, log onto www.westsussex.gov.uk and click the 'West Sussex videos' link.

Above and beyond its annual road maintenance programme, this year the County Council is also embarking upon its £30m two-year 'Better Roads Programme'.

Rural and residential roads in West Sussex which need repair are being targeted as part of this scheme.

Full details of this will be released in due course.

Sussex Police support for anti-hate crime charity

YOUNG people who experience hate crime and bullying across Sussex can now receive additional support and guidance, thanks to a donation of £250 from Sussex Police.

Ditch The Label is a charity which seeks to promote difference and individuality and in turn combat hate crime and bullying.

Hate Crime Sergeant for Sussex Peter Allan, presented the cheque to Liam Hackett (Founder and CEO) and Jon Cross (Education Coordinator) on Wednesday 5 March at Brighton Police Station.

Liam Hackett, the founder of Ditch The Label said: "It is an absolute pleasure to be working so closely with Sussex Police and it is important that through our joint efforts, we continue to remind young people that bullying and hate crime is not acceptable and should, in certain circumstances be reported to the Police. As a relatively new yet rapid growth anti-bullying charity, every penny counts and we will be using the donation from Sussex Police towards the development of educational resources aimed at young people to educate about difference and hate-based behaviour."

Sgt Allan added: "Sussex Police is pleased to work with organisations who share our desire to tackle hate-based behaviour and support, educate and empower those who are victims to report it to the police or to at least tell someone, so that they don't suffer in silence."

You can report hate crime via the Sussex Police website: http://bit.ly/1fTDYJh

The donation comes from the Police Property Act Fund (PPAF), made up of monies received by the police from property confiscated by order of the court and then sold.

For more information on the Ditch the Label, visit: http://www.ditchthelabel.org/

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Great Ballard is an independent day and boarding school for children from 2 to 13 years in the South Downs National Park between Chichester and Arundel.

Another 23 drivers banned from the roads after being caught in Christmas crackdown

ANOTHER 23 motorists have been banned from the roads after being caught in the Sussex Police Christmas crackdown on drink and drug-driving.

The offenders were all arrested during the force's campaign during December and the beginning of January. For five of them it was not the first time they had been prosecuted for drink-related driving offences.

Chief Inspector Natalie Moloney said: "Even though we are in March now the courts are still having to deal with the cases of selfish drivers who got behind the wheel after drinking or taking drugs.

"The fact that five of the latest group to be dealt with had previously been prosecuted for the same thing is very disappointing. Clearly being banned from the roads is not enough of a deterrent to them.

"Hopefully their time as pedestrians will convince them of the cost of mixing drink and driving and might prevent them from doing it again."

The first of the latest set of local offenders to be arrested was Barry Sullivan.

Sullivan, 47, was arrested in St James' Road, Chichester, at 10.10pm on 10 December his car was stopped by a police patrol in the road. Sullivan, of Peckham Close, Runcton, pleaded guilty to drink driving. He was banned from driving for 12 months, fined £290 and ordered to pay £85 costs and a £29 victim surcharge.

Clive Boxall, 68, was arrested at 5.30pm on December 15 after police found a vehicle that had gone off the A272 at Trotton, near Midhurst. Boxall, of Luxford Way, Billingshurst, pleaded guilty to drink driving. He was banned from driving for 12 months, fined £500 and ordered to pay £85 costs and a £50 victim surcharge.

Ben Cole, 23, was arrested at 1.30am on 17 December in Martlet Road, Petworth, after officers saw a motorcycle being ridden erratically.

Cole, of Martlet Road, Petworth, pleaded guilty to drink-driving. He was banned from driving for three years, fined £128 and ordered to pay £100 costs and a £20 victim surcharge.

Ahona Puckiene, 34, was arrested at 8.25pm on 20 December after a car was seen to hit the kerb on the A259 Chichester Road.

Puckiene, of Regis Court, Bognor Regis, pleaded guilty to drink driving and driving without a licence. She was banned from driving for 12 months, fined £200 and ordered to pay £85 costs and a £20 victim surcharge.

Phoebe Kingston, 23, was arrested shortly after midnight on 22 December when officers stopped her car on the A259 at Drayton.

Kingston, of Canning Road, Bognor Regis, pleaded guilty to drink driving. She was banned from driving for 17 months, fined £125 and ordered to pay £85 costs and a £20 victim surcharge.

Reece Backshall, 20, of Whitley Close, Emsworth, was stopped in Westhampnett Road, Chichester, on 28 December. He pleaded guilty to drink-driving. He was banned from driving for 26 months, made the subject of a one-year community order and ordered to pay £85 costs and a £60 victim surcharge.

Aaron Gruber, 24, of Princess Avenue, Bognor, was arrested for drink driving offences in November Lane, Bognor, on 29 December. He pleaded guilty to drink-driving. He was banned from driving for 17 months, fined £250 and ordered to pay £85 costs and a £25 victim surcharge.

Joshua Rideout, 21, of East Street, Amberley, was stopped after a report of a car being seen speeding in Tanyard Lane, Steyning, on 29 December. He pleaded guilty to drink-driving and obstructing a police officer. He was banned from driving for 12 months, fined £190 and ordered to pay £85 costs and a £20 victim surcharge.

A total of 91 people have now been convicted of offences after being arrested as part of the Christmas drink and drug-driving crackdown.

A further 54 drivers have been charged with drink or drug driving offences and are currently on bail.

You can text officers on 65999 with the details of people you suspect of drink or drug driving, along with their car make and registration number.

To report anyone driving antisocially visit www.operationcrackdown.co.uk

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FREESTYLE BEDROOMS

A special week for me to remember Vic, friend and stepdad

Allis Moss

On the Case

This week is almost like any other. As you open them, the foldaway tables on the trains squeak like fingernails on a blackboard. Around me, routines are unchanged as early March ushers in a run of warm, sunny, spring-like days. But I am tired and hiding in dark glasses. It's not just from stupidly staying up long after midnight to watch the trial of Oscar Pistorius on YouTube. For the last week I have been sleeping on my mother's couch.

Dear stepdad

I have taken up temporary residence on the sofa because our family has lost a true and much-loved friend with the sudden death of my stepfather Vic and my mother were both lifelong first-aiders with the British Red Cross, for which my mother is President here in Sussex.

Vic came to first-aiding after losing his faith in war. As a young man he'd combined being a Baptist lay preacher and warrant officer with the British army, fighting in Cyprus against the EOKA paramilitary outfit. Not long after he came into our orbit upon meeting my mother, I learned that in Cyprus, the girl he was to marry had died in his arms, fatally wounded in the conflict. Vic and religion parted company. Saving lives with a non-political organisation that helps all of us became his credo. He was a good man, which is about the best you can say of anyone. He was also pure genius at crosswords.

Couch

My new routine on my mother's couch has left me bug-eyed. The curtains don't close. Clocks chime the hour morning, noon and night. Dogs require constant feeding, walking and general attention, and indeed the house belongs to them more than the humans in it. Jackie, a survivor of battles himself after being taken in as one of a long line of rescue dogs, ambled to the back door at 5.30am. He's old. His kidneys are playing up and he drinks too much water. He needs the garden at funny and inconvenient times if he's not to disgrace himself. I let him out, congratulating myself on carrying out the manoeuvre quietly and swiftly without waking the rest of the house... only for the old dog to get caught in the unfamiliar drawn curtains on his way in. He bumps into a chair which crashes over. We aren't finished yet. The chair chips a photograph in a glass frame and my 5 o'clock self is too slow to intercept it. It isn't shatterproof and explodes into a million pieces.

New York kitchen

It reminds me of another breakage, another mess, this time in New York, just after Cousin Melissa's wedding. She and her new husband were off on honeymoon to romantic Italy and I had charge of their flat for the fortnight. It was on the fifth floor of a big old tenement block in Queens, the largest and easternmost borough in New York City and a long subway ride from downtown. Its huge appeal was the meshed metal door, like the sort you find in elegant old lifts (or elevators) that you drew across the big bedroom window giving onto the fire escape, so you could leave it completely open in the 90 percent humidity during thunderstorm nights.

I faithfully promised the groom I would look after his kitchen as if it were my own, respecting his house rules. But they had barely touched down when, back in the New York kitchen, an unfortunate incident occurred. I ran a giant dish under the tap to cool it down after using it in the oven. Stupid fool. It was glass and not Pyrex and exploded into a million shards.

It got worse. I was combining my wedding visit with recording a half hour programme about the Quakers for the BBC World Service. The Quakers fled 17th century England and found the city of Philadelphia—which literally means brotherly love—as a place where they could practice their peaceable ways and uphold values of social justice. I decided to interview three different Quakers or Friends to get a glimpse of their lives, a woman who worked as the cartoonist for the lively local paper, a lawyer and single mum who had converted, and a man who was a long-standing member of their circle. I caught the Amtrak train south after a mad rush. It was only on the train back a few days later that I realized I couldn't find the key to my cousin's new husband's front door. I was forced to make a detour to spend the night in the sort of motel which is best summed up by telling you it was locked with a bar and a thick chain. Back at tenement the next day, I listened to a neighbour explain how she'd found the key swinging in the front door lock—and was looking after it. Did I tell him? Yes I did! Was he pleased? No he wasn't!

And finally

These memories bring a smile in a week of sadness and loss. Here's to you, Vic, stepdaddy and friend.

Contact Allis: allis.moss@chichesterherald.co.uk

Sale of land in Midhurst is one step closer

THE SALE of the land currently occupied by the old Grange Centre in Bepton Road, Midhurst has moved a step closer to being agreed.

Following the completion of the new Grange Centre, Kimberley Developments, which is working with Waitrose, has been chosen as Chichester District Council's preferred purchaser.

Kimberley Developments will now develop a full planning application, which they will submit to the South Downs National Park Authority for a decision. Chichester District Council and Kimberly Developments will work towards exchanging contracts for the sale of the land, with the completion of the sale subject to planning permission.

The money made from the sale of the land will replenish the Council's capital reserves.

"These are exciting times for Midhurst," says Cllr Josef Ransley, Cabinet Member for Support Services at Chichester District Council.

"We've just opened a brand new leisure and community centre, and now the land occupied by the old building is hopefully going to bring Waitrose to the town. The sale of the land will replenish our capital budgets and hopefully create more local jobs and further encourage people to shop locally."

Mayor of Chichester attends first ever CHINDI book fair

(Photography Neil Stevens) The Mayor and Mayoress pictured with the organisers of the first independent book fair in Chichester

THE MAYOR of Chichester, John Hughes and Mayoress, Cherry Hughes attended the first independent book fair organised by local independent author group CHINDI on Saturday 8 March. Several hundred visitors met with local authors who discussed the ever changing world of self publishing and the inspiration for their books. Seminars by industry guru Ben Galley and local entrepreneur Katy Lasseter were well attended and many visitors took advantage of the book swap, exchanging one book in good condition for another.

Local author Helen Christmas said: "We were delighted with the response. It's great to actually meet your readers and to inspire other authors to follow their dream. We plan to hold another book fair later in the year at an exciting new venue. To keep up to date with our plans visit www.chindi authors.co.uk or visit chindi authors on facebook."

Marion Kille added: "Fellow author, Jeremy Good, did a great job organising this first event and we'd like to thank the team at The New Park Centre and our guest speakers who made the day a great success. We'd love to hear from other local authors living within 30 miles of Chichester. You can contact us from our website."

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Tagging initiative to help stop criminals from reoffending

CONVICTED offenders across West Sussex are being given a chance to wear tags to help stop them from reoffending.

The trial, which was launched in the division in July, has proved successful.

The initiative was launched to help stop known criminals from reoffending. The tags use the latest technology provided by Buddi, giving a much wider coverage than the usual tagging systems and allows the wearers to live without curfew checks.

The tags, which are entirely voluntary, can be worn for any period of time and provide Sussex Police with live information of the location of wearers which can eliminate them from enquiries into a crime and prevent them being arrested unnecessarily. Since the initiative started there has been 20 users of the devices, some wearing them for several months.

Toni Pettman, West Sussex Integrated Offender Management (IOM) manager said: "The tags put the emphasis onto the offenders to give them a chance to get their life back on track and face up to the crimes they have committed in the past. As it is voluntary, it encourages better relationships between the offenders, probation and police, often essential in reducing reoffending. Ex-offenders are under no obligation to wear the tags but many see the benefits in getting their lives back together without curfew checks and home visits.

"We have measured previous offenders behaviour against their current behaviour while wearing a tag and it has been a huge decrease in offending and this is being continuously monitored. The scheme was piloted in Hertfordshire and Bedfordshire and they have seen a significant drop in reoffending and we are seeing similar results here.

"Wearers themselves have endorsed the scheme and others who have had tags removed have asked them to be refitted. One wearer thought that prolific offenders should wear them as it is a constant reminder that they cannot commit crime otherwise they will be caught and the tagging information used to prove they committed the offence. One offender said it had prevented him going on a crime spree following an argument with his partner, because he was wearing the tag he knew he would be apprehended so didn't offend.

Detective Chief Inspector Tanya Jones, who is overseeing the scheme, added: "This initiative comes as part of our drive on cracking down on burglaries across the force, Operation Magpie. This involves working with our partner agencies, other neighbouring Forces and neighbourhood watch, and schemes such as this where we focus on the offender. The public can also help by making sure their homes are secure and all their doors are locked, even when they are at home."

Sussex Police & Crime Commissioner, Katy Bourne, who has given her backing to the scheme, said: "Advances in the use of technologies like GPS tagging means that Sussex Police can continue to cut crime whilst ensuring officers can remain out on the streets in the heart of the communities they serve. This innovative approach reduces reoffending and also supports rehabilitation by helping offenders change their behaviour.

"Tackling burglary has been a consistent theme during my monthly performance and accountability meetings with the Chief Constable, as it remains a concern for local people. I was pleased to join Sussex Police in launching Operation Magpie in June last year, which is a dedicated campaign targeting those who commit burglary in Sussex. This type of crime has a long-lasting impact on its victims and it is vital the police take a proactive approach to tackling it, to ensure we can all feel safer in Sussex."

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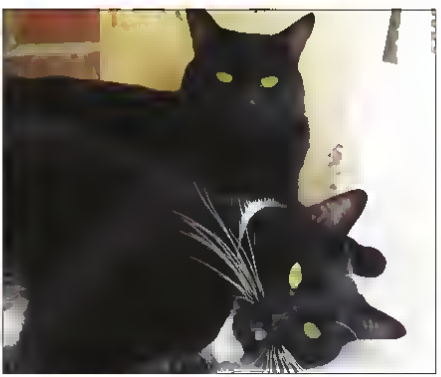
CAT AND RABBIT RESCUE CENTRE

Finding Friendship at The Centre

LAST YEAR at The Centre we completed work on our brand new garden rooms. One side is a large space consisting of three rooms and is used for cats that might need more space or ones that have been with us for long time.

Two of the cats currently living in the garden rooms include Pharrell and Nolan. These two have been with us for quite awhile and are desperately seeking a forever home. Pharrell is a very gorgeous big black male cat who is nearly 3 years old. He arrived with us in May 2013 as a stray and is now are longest running cat. Nolan is a very handsome 18 month old black and white male. Nolan arrived with us in September after his owners could no longer care for him correctly.

Since being in the garden room these two have become really close and if possible we know they would love to find a home together. They have the most wonderful personalities, there both so loving and crave affection. If there not following staff or volunteers round the room, then their snoozing in the sun or playing together. They're going to make someone great pets and you would never be bored. Pharrell and Nolan would be best to not find a home with young children as they do get excited and occasionally a little naughty.



Two of the cats currently living in the garden rooms include Pharrell and Nolan

Hundreds of cats and kittens are waiting for homes now. The Rescue asks for a minimum donation of £45 for each neutered cat or older kitten which includes vaccination, flea and worm preventative treatment, microchipping and Free PetPlan vet insurance for 4 weeks. An unneutered younger kitten is £70 including a free neutering voucher (to be neutered at The Centre) for when the kitten is old enough.

Homing by appointment 7 days a week.

Cat and Rabbit Rescue Centre, Holborow Lodge, Chalder Lane, Sidlesham, Chichester, PO20 7RJ www.crrc.co.uk. Tel: 01243 641409

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Perfect day at Great Ballard School

The pre prep children and their teachers were dressed as characters from their favourite books

A VERY BUSY day was had at Great Ballard School on Thursday 6 March, which was also a day that served to encapsulate the school's ethos perfectly. For the older children the morning and afternoon academic lessons were separated by a fascinating lecture from guest speaker, Mr Donald Lamont.

Donald is a former diplomat, having served all over the world including a posting as the Governor of the Falkland Islands. As Chairman of the UK Antarctic Heritage Trust his theme for the talk was the south Atlantic. The mix of human and natural history, together with some stunning photographs, proved an interesting mix for the children, whose knowledge of penguins was very impressive. The school looks forward to Donald's return next year to discuss his experiences of the fall of the Berlin wall, and also thanks him for greeting and speaking to the Russian boarders in their native language.

Meanwhile, to coincide with World Book Day and in keeping with the school's desire to maintain a strong reading culture, the pre prep children and their teachers were dressed as characters from their favourite books. The Headmaster, Richard Morgan, remarked that it was the first time in his life that he had had breakfast with The Fantastic Mr Fox and a Gruffalo at the same time.

Finally, to round off a fantastic day, there was a cake sale in order to raise funds for the WellChild charity. This is the charity chosen by Year 4 teacher Becky Grover, who has secured a place in this year's London marathon. Becky is very grateful to the whole school community for their support and cake making skills, although her training regime means she is not able to indulge!

Photo of the week

#Chichesterphoto

Revd Michael Barter @MichaelRevd · 12th March 2014
'@ffocus. Calm and stillness at the end of the day at #Chichester Cathedral http://twitpic.com/dy2iwr '

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Entries close on at Wednesday 19 March 2014 at midday The competition is for one winner who wins a 3 course meal for two from the Prix Fixe menu There is no cash alternative A winner will be announced by Murrays every Wednesday Entry details may be kept on file. Last week's answer was: Chichester Minerva Theatre (Chichester Festival Theatre)

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National News

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News in Brief

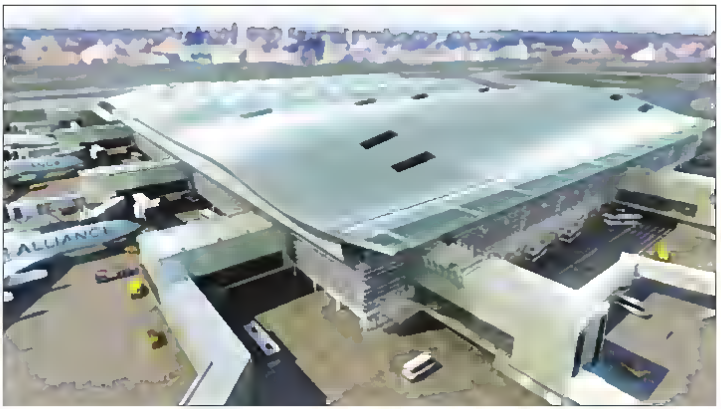
• A woman has told a court that she wanted to kill herself after being sexually abused by Max Clifford. The alleged victim, who was 15 at the time, said the publicist told her she could become the UK version of Jodie Foster, and ordered her to perform sex acts on him in his car. Mr Clifford, from Hersham, Surrey, faces 11 counts of indecent assault relating to seven alleged victims, aged from 14 to 19, between 1960 and 1984. The publicist denies all the charges.

• A man snared by an internet "paedophile hunter" killed himself days after police had questioned him, an inquest has heard. Michael Parkes, 45, was confronted and filmed in May last year by Stinson Hunter, who had arranged to meet him after posing as a child online. Mr Parkes was later arrested by police but had not been charged. Northamptonshire Coroner Anne Pember recorded a verdict of suicide, with the cause of death as hanging. Mr Parkes was arrested by Northamptonshire Police on 29 May last year on suspicion of meeting someone he thought to be a 12-year-old girl for sex.

• Glastonbury Festival has been granted a new 10-year licence. Mendip District Council said the decision was made without the need for it to be "subjected to scrutiny in a public hearing". There was no opposition to the licence, which will run up to 2024 and will allow for more staff on site. Dolly Parton, Blondie and Lily Allen are among acts who have confirmed they will be playing at this year's festival, which starts on 25 June.

• A witness in the PC Keith Blakelock murder trial has told the Old Bailey that "all blacks look alike" to him. The witness, who is using the pseudonym John Brown, has told the court he saw Nicholas Jacobs stab the officer during the Broadwater Farm riots. When questioned in court if he thought all black people looked alike Mr Brown answered: "More or less". Mr Jacobs, 45, denies murdering PC Blakelock, who was repeatedly stabbed by a mob in Tottenham in October 1985.

Two guilty of attack where man loses arms and legs



TWO MEN have been found guilty of stabbing a man who eventually had both his arms and legs amputated.

Ernest Mayo, 25, who is known as Joe, was attacked as he left a party in Worthing in August 2012.

After treatment in hospital, he acquired an infection that resulted in both his arms and legs being amputated.

Patrick Brookes, 26, from Worthing, and Jeramiah Reynolds, 26, from Ascham End, north London, were found guilty of grievous bodily harm with intent.

Two others, Dominic Brookes, 19, from Bramble Close, Croydon, and a 17-year-old boy, from Worthing, were tried in August at Hove Crown Court and also found guilty of the same offence.

All four defendants pleaded not guilty.

Sussex Police said Mr Mayo was at a party in Pavilion Road when he was stabbed once in the leg and twice in the abdomen.

After infection spread and his vital organs were put in danger, doctors amputated his arms and legs.

His family were so distressed by the incident and Mr Mayo had such little recollection of what happened to him, they told him initially he had been in a car crash.

Det Con Laura Sinden said the attack happened after a row about a mobile phone.

"The injuries Joe sustained from the stab wounds have meant he had to have his limbs amputated and therefore the consequences of that night will be with him for the rest of his life," she said.

His girlfriend, Amy Dunne, added: "It has been very hard for myself and both our families and friends to come to terms with the life changing injuries he received.

"Joe and myself will have to deal with his injuries everyday as we make a future together, making our lives totally different from what they would have been."

All four attackers will be sentenced in the week beginning 22 April.

'Teething problems' warning for Heathrow's Terminal 2

PASSENGERS using Heathrow's new Terminal 2 (T2) have been warned to expect early teething problems.

The £2·5bn terminal, which will be named after the Queen, is due to open on 4 June.

Heathrow bosses said the challenges of opening the new building should not be underestimated.

The airport's development director, John Holland Kaye, said: "The chance of a completely smooth opening for any airport terminal in the world is low.

"We can never assume we can have a perfect opening."

Passengers should be able to check in at any desk regardless of the airline they are travelling with.

T2 will be home to 26 airlines and up to 20 million passengers are expected to use it each year.

The terminal will be opened in phases, with 10% of its capacity in use on the opening day. However, by November all airlines should be flying from the building.

T2 operations director Brian Woodhead added that the phased opening would be useful "if we suffer teething problems".

The Association of British Travel Agents (ABTA) said research had shown "a trouble free and pleasant airport experience" was important to UK holidaymakers.

An ABTA representative said: "Teething problems can often be an issue when opening a new terminal but it is essential that Heathrow does everything possible to minimise any potential disruption to passengers when Terminal 2 opens in June."

Father convicted of son's cable electrocution

THE FATHER of a man who was electrocuted when the pair tried to steal cable from overhead power lines has been jailed for five years for his son's manslaughter.

Brent Campbell, 29, died after touching live wires during a raid on a pumping station near Barnsley in March 2012.

His father, Shaun Stewart, 52, from Lord Street, Barnsley was found guilty after a trial at Sheffield Crown Court.

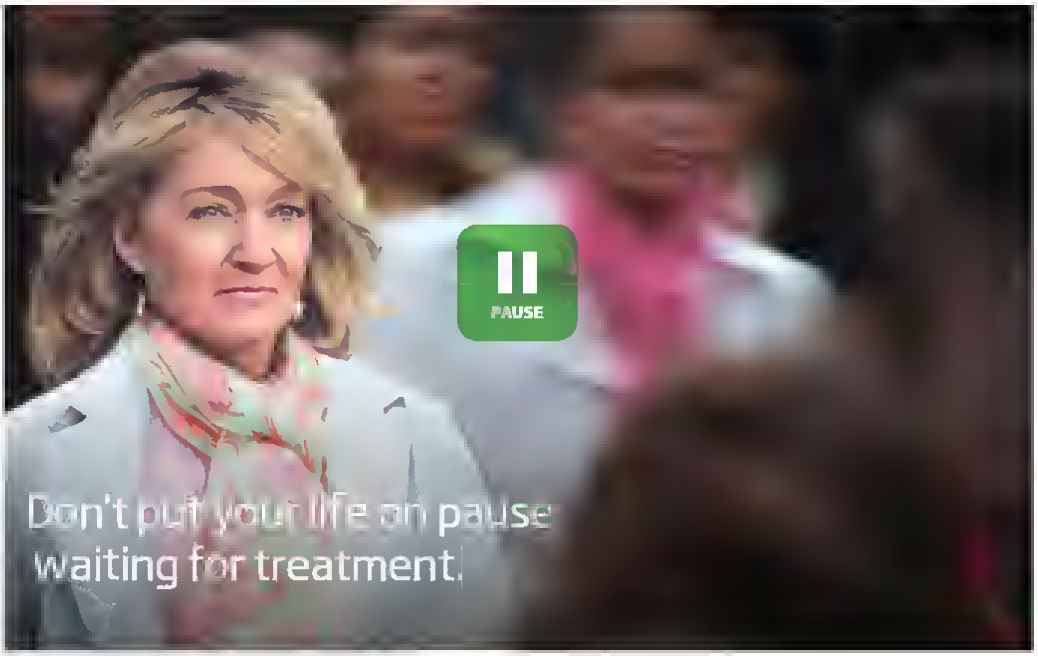
Police said Stewart had disappeared from court during the trial.

A warrant for his arrest has been issued.

The court heard that the pair chopped down a wooden pole supporting live power lines, causing a short circuit that cut off electricity to 2,300 homes in the area.

As Mr Campbell was gathering up the fallen wire, the power supply was automatically reconnected sending 11,000 volts through his body.

South Yorkshire Police said Stewart had fled the scene after his son's electrocution but was arrested after going to hospital for treatment for electrical flash burns.



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Chichester Business

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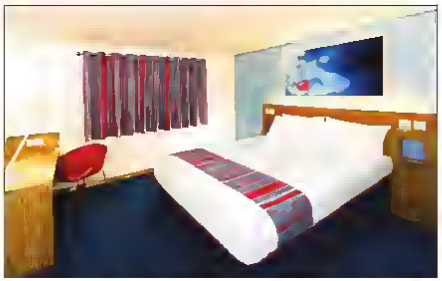
Chichester Central Travelodge revamped as part of £137 million brand investment this year



THE HOTEL TEAM at Chichester Central Travelodge is celebrating the completion of a refurbishment programme at their 76-room property on Chapel Street. This revamp, which took just one week, has totally transformed the hotel and customers can now benefit from a new Travelodge style which offers a fresh and modern experience.

The work conducted at Chichester Central Travelodge, which opened in 2010, is part of a company nationwide investment of £137 million this year. By autumn this year over 80% of Travelodge hotels will incorporate the new modern style as seen at Chichester Central Travelodge.

The new look Travelodge style has been developed over a 12 month period by the company's business and leisure customers. The biggest change is the new look room which has been designed in a modern contemporary style and offers customers everything they need for a comfortable stay. The biggest investment in the room is the Travelodge Dreamer bed, which has been designed exclusively for Travelodge by royal warrant holders Sleepeezee. This type of bed is predominately found across the world in four / five star hotels.

The Travelodge Dreamer boasts a 952 individual pocket sprung mattress. Each individual spring is designed to follow the natural contour of an individual's body in order to provide the correct amount of support and comfort to ensure they receive a good quality night's sleep. For further comfort, the Travelodge Dreamer is dressed with a quilted mattress topper and bounce back duvet & pillows. A new addition to the bedding is a stylish swoosh stripes runner to help create a gift wrap feel to the bed.

The Travelodge Dreamer also features a unique benefit of housing two space saving comfy truckle beds within its base. When the beds are in use the base can be used for storing luggage, providing extra space in the room. The truckle beds have been designed to replace the traditional sofa bed, and provide an enhanced service for families staying in the room.

The room also features a sleep inducing colour palette in a tranquil blue and relaxing cream, as well as stylish swoosh stripes on the curtains.

Other additions in the new look Travelodge room include a larger desk, new carpet, artwork above the bed and a stylish white contemporary en-suite bathroom.

The rebrand programme also includes a complete revamp of public areas around the hotel.

Kevin Hodnett, Hotel Manager at Chichester Central Travelodge said: "We are delighted that our hotel has benefitted from this investment. It has totally transformed the hotel, and feedback from our customers has been outstanding. Business and leisure customers love the new modern look of the hotel and the contemporary rooms. There is no doubt that the hero of the room is the Travelodge Dreamer bed.

"The demand for good quality branded budget accommodation within the area is growing at great pace, and now that we have a new modern look Travelodge hotel, we are confident that we will become the favourite hotel for value."

Alongside the brand investment, Travelodge is investing £100 million this year into opening 15 new hotels across the UK. Locations include key city centre locations in London, Glasgow, Manchester and Southampton, in new seaside destinations including Southport, Christchurch, Llandudno and Ryde on the Isle of Wight, and in the spa town of Harrogate. These hotel openings will create 350 new jobs.

These 15 new properties will boost the Travelodge estate to 514 hotels and over 39,000 rooms.

Multimillion pound Midhurst community and leisure centre opens its doors

A dance studio with mirrors is available for community activities

THE DOORS of the new multi million pound community and leisure centre in Midhurst opened for the first time on Monday 3 March.

The centre has been built to provide a number of services under one roof. This means that customers can play badminton and borrow a book, relax in the spa and then have a spot of lunch, or find out about a council service and join a club – all within the same building.

The leisure and community facilities and the café/bar are now operating, while the library and registration office will open later in March.

"We have enjoyed welcoming the first visitors through the doors of the new building and everyone has been really impressed,' says Cllr Eileen Lintill, Cabinet Member for Wellbeing and Community Services at Chichester District Council.

"This is a fantastic facility, which we hope will make a massive difference to those who live and work in the north of our district. The centre offers so many opportunities and makes services much more accessible. Whether people want to meet up with friends, take up a new activity, join a club, or even borrow a book – they can do it all under the one roof," she adds.

The project team has been working closely with the clubs and community groups on the big move – and many are already hooked into the new centre.

The demolition of the old building will soon begin.

"Although the centre is now open, there will continue to be some disruption on site as the old centre is removed – and so we want to prepare people for this. The finished works to the car park and landscaping will be completed early in the summer," says Cllr Lintill.

As a thank you, the centre will be holding a free fun day on Sunday 11 May when all services in the centre will be fully operational.

"We really appreciate everyone's patience while the building work has been going on and so we wanted to find a way of thanking everyone and welcoming them to the new centre," says Cllr Lintill.

"There will be free activities for the whole family – including taster classes, indoor go-karting, a bouncy castle, racket sports and much more!"

The new centre incorporates a number of services under one roof. It includes:

- a multi purpose four-court sports hall,
- a fitness room with state of the art Technogym equipment,
- two squash courts and a squash viewing area,
- a dance studio with mirrors that will also be used for fitness and community activities,
- a health suite, including a sauna, steam room and a spa pool,
- a multi purpose community hall and community rooms, and
- a bar and café with Wi-Fi access. The facility will overlook South Pond, with an outdoor seating area.

There will also be community facilities from the end of the month, including:

- a library; and
- a registration office, where you can register births and deaths.

The new Grange project has been delivered by Chichester District Council, in partnership with West Sussex County Council, the Trustees of the Grange Community Association and The Monument Trust.

For information see www.chichester.gov.uk or www.westgateleisure.co.uk or call 01730 816841.

Open Morning at Brinsbury

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Saturday 15th March 10.00am - 1.00pm

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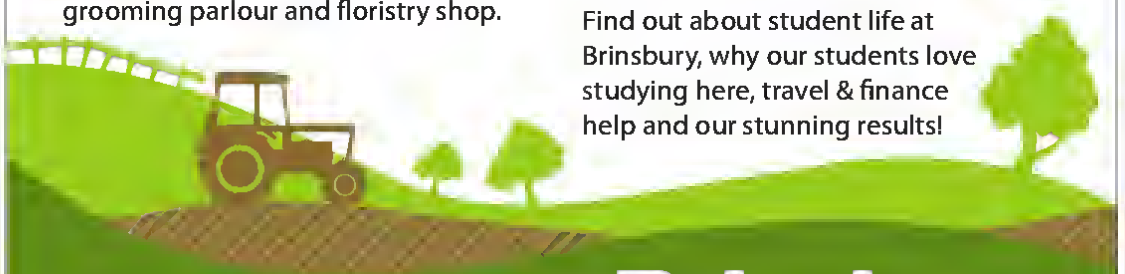
You can take a look around our facilities, including the farm, equine centre and brand new animal care unit, dog grooming parlour and floristry shop.

Meet our award winning 'Ideal Home Show' horticulture team, enjoy a coffee in Costa and explore courses and careers in areas as diverse as agriculture, vet nursing, blacksmithing, engineering, floristry, animal care, equine and more.

Find out about student life at Brinsbury, why our students love studying here, travel & finance help and our stunning results!



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Arts & Entertainment

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Now showing at Cineworld Chichester

Laugh-out-loud funny performance from Fiennes

The Grand Budapest Hotel (15)
Running time 100 mins
Director Wes Anderson
Starring Ralph Fiennes, F Murray Abraham, Mathieu Amalric, Adrien Brody, Willem Dafoe, Jeff Goldblum

★★★★★

Brilliantly directed and beautifully conceived, this is an absolute treat from start to finish, thanks to a delightful script delicious dialogue, gorgeous production design work, a superb score, vividly created characters and wonderful come performances from Ralph Fiennes and a note-perfect support cast.

What's it all about?

Written and directed by Wes Anderson, The Grand Budapest Hotel is inspired by the stories by Stefan Zweig and stars Ralph Fiennes as legendary concierge Gustave M, who works at The Grand Budapest Hotel, located in fictitious Zubrowka, in the period between the wars. Given to providing "comfort" to wealthy countess types Gustave finds himself in hot water when elderly lover Madame D (Tilda Swinton) dies in mysterious circumstances, leaving him a painting (Boy With Apple) in her will that's worth a small fortune.

When Madame D's enraged son Dmitri (Adrien Brody) frames him for murder, Gustave finds himself in prison, so he conceives an escape plan, aided by his loyal lobby boy Zero Moustafa (Tony Revolori) and his baker girlfriend Agatha (Saoirse Ronan). Meanwhile, Dmitri's vicious henchman Jopling (Willem Dafoe) is on the trail of the painting and will stop at nothing to get it back.

The Good

Ralph Fiennes is wonderful as Gustave, displaying a hitherto unsuspected comic lightness that is utterly delightful to watch, whether he's flirting (with both men and women), treating everyone (except fascist train guards) with unfailing politeness or, somewhat incongruously, letting fly with the occasional spot of bad language.

The supporting cast (most of whom are regular Anderson bit players) are equally good, particularly newcomer Revolori as Zero, Willem Dafoe (genuinely chilling) as Jopling, Jeff Goldblum as the fastidious executor of Madame D's estate, Harvey Keitel as a bald prisoner who helps Gustave escape and a heavily made up and startled-looking Tilda Swinton as Madame D, while Jude Law is effective as the younger version of the author (Tom Wilkinson) who's hearing the story first hand from a much older Zero (F Murray Abraham).

The Great

Anderson keeps the story moving at a suitably breathless pace and the script is packed with delicious dialogue, it also maintains an assured balance between humour (it's often laugh out loud funny), shocking moments, uncharacteristic violence and a tinge of melancholy befitting the devastation that is soon to befall central Europe (Gustave's train encounters with the guards have a certain ominous foreboding to them).

Needless to say, the film looks jaw droppingly beautiful throughout, thanks to Adam Stockhausen's stunning production design work, some gorgeously hand crafted animated inserts, and Anderson's meticulous attention to detail, which is certain to reward repeated viewings. There's also a fabulous score by Alexandre Desplat that combines several Eastern European instruments in appropriate fashion and will have you humming vaguely Cossacky tunes afterwards.

Worth seeing?

Beautifully designed, laugh-out loud funny and utterly charming, The Grand Budapest Hotel is a hugely entertaining comedy with a wonderful script and delightful comic performances. Unmissable and one of the best films of the year.

Competition

WIN TWO TICKETS TO CINEWORLD

FOR A CHANCE TO WIN 2 TICKETS, ANSWER THE FOLLOWING QUESTION

Q **Ralph Fiennes is related to which famous explorer?**

A. RANULPH FIENNES
B. ROBERT FALCON SCOTT
C. JAMES COOK

Send your answer and include your full name, address and a contact phone number to **competition@chichesterherald.co.uk**. One lucky winner will be selected at random. Closing time is Tuesday 18th March 2014 at midday. The winner will be notified later on that day. Last weeks winner was Roger Baynham from Ovingdean. Chichester Herald competition terms and conditions apply.

cineworld CINEMAS

Cineworld Chichester
Chichester Gate, Chichester PO19 8EL
0871 200 2000

First fictions 2014: festival programme announced

FIRST FICTIONS is a biennial boutique literary festival designed to celebrate and champion new writing and innovation in fiction, taking place at West Dean College in West Sussex from 11th-13th April 2014. Organised by Myriad Editions and the University of Sussex, the second First Fictions Festival offers an extraordinary opportunity for new writers and established authors to come together with readers, academics and literary professionals, to debate and explore the most exciting developments in fiction and the publishing world.

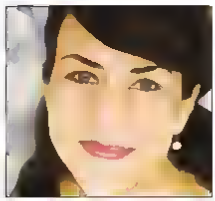
This year, Festival Directors Peter Boxall, Professor of English at the University of Sussex, and Candida Lacey, Publisher and MD of Myriad Editions, will be introducing three keynote conversations with:

• Philippa Gregory, author of the hugely popular Tudor period novel The Other Boleyn Girl, adapted into a TV drama and a major film, and other bestselling novels. Her most recent book is Fool's Gold.

• Jackie Kay, poet, short story-writer and author of the acclaimed collection The Adoption Papers, whose recent books include Red Dust Road, a memoir about meeting her Nigerian birth father (Scottish Book of the Year Award), and Fiere, shortlisted for the Costa Poetry Award.

• William Nicholson, distinguished screenwriter (Gladiator, Les Miserables, currently BAFTA-nominated for Mandela: The Long Walk to Freedom), playwright (Shadowlands and Life Story, both BAFTA Best TV Drama award-winners) and novelist (The Secret Intensity of Everyday Life, All the Hopeful Lovers and Motherland).

Other authors appearing at the Festival include bestselling crime writers Elizabeth Haynes and Lesley Thomson (a West Dean writing tutor), Man Booker Prize-longlisted novelist Alison MacLeod, and many other writers and graphic novelists. Panel sessions will include New Forms of Writing, Crime Writing, The Short Story, Graphic Storytelling,



Alison MacLeod who is taking part in the First Fictions Festival

Historical Fiction and The Future of the Novel. With round table debates, readings and late-night 'Quick Fictions' performances by the fireside, this will be an inspiring weekend of literary discussion in the company of some of today's most creative authors, academics and publishers. Festival attendees have the opportunity to stay in comfortable accommodation in the stunning setting of West Dean College near Chichester, the former home of poet and art collector Edward James, which he envisaged as 'an Eden for the arts'.

Young musicians to perform classics in Chichester Cathedral

HUNDREDS of young musicians are to perform an evening of renowned classical overtures in Chichester Cathedral this weekend.

Choristers from Sussex and Hampshire schools will join soloists and instrumentalists from the University of Chichester for its annual gala concert on Saturday 15 March.

The event, which starts at 7.30pm, will feature performances of Tchaikovsky's 1812 Overture and Bizet's Carmen Fantasy by pupils of Portsmouth High School, the West Sussex County Youth Choir, as well as the East Sussex Academy of Music.

It will also include Faure's Requiem and Borodin's Polovtsian Dances from the University's chamber and symphony orchestras, chamber choir, and gospel singers.

University orchestral manager Simon Growcott said: "It is always a great occasion to play in Chichester Cathedral, and we want to give that chance to others, inspiring them to continue with music as they continue in their education."

Tickets for the gala concert cost £10 each or £5 for concessions.

To find out more, including how to book tickets, visit www.chi.ac.uk/listings or contact Chichester Cathedral Box Office on 01243 813 595.

What's On in your local area...

• Local sustainability group Transition Chichester will be holding a ceilidh on Saturday 22 March in order to mark the Spring Equinox, raise some funds for its numerous projects and generally have some musical and dancing fun. Caller Tony Clark will lead participants through a variety of simple and fun dances which will be suitable for everyone from 8 years old to 80. Tickets are also being sold for those that simply want to come and observe the fun - so the event really is open to all whatever your age or ability. Tickets cost £5 a head and must be purchased in advance from Sarah or Tony Clark who are contactable on 01243 776 464 / sarahandanthony@talktalk.net. Date: Saturday 22 March 7pm-11pm. Cost: £5 per head. Venue: The Newell Centre, Tozer Way, Chichester PO19 7LG.

• One of Alan Ayckbourn's most popular comedies, How the Other Half Loves opens at the Arundel Playhouse, London Road, Arundel on 17 March for six nights starting at 7.45pm. Tickets for the Arundel Players production cost £11 and are available by calling the Box Office on 07523 417926.

• 4SIGHT
We have a range of activities starting at our 4SIGHT Centre in Bognor Regis. These include Discussion Group starting 28th February, Games Group starting 5th March and a series of Wellbeing activities running from 18th March.
All activities are for those with a visual impairment or disadvantaged through a disability.
Contact 01243 828555 for further information.

• Concorde 2 social club which provides friendship and companionship for single people. It is not a dating club but any members who form relationships or marry remain members.
It meets every Tuesday at the Walnut Tree Runcton and holds a variety of events throughout the year. New members are very welcome. Anyone who would like more information can visit www.concordesinglessocialclub.org.uk or phone 01243 575083 or 01243 604715.

• CHICHESTER PICKERS (The Chichester Acoustic Music Club) invites all who would like to sing/play their own choice of music and those who would like to enjoy local musicians performing in an intimate and friendly gathering. We have players at varying levels but we are not judgemental.
We meet every second and fourth Thursday in the skittle alley of the Gribble Inn, Gribble Lane, Oving PO20 2BP.
More details from Andrew@andrewperry.plus.com or 01243 776391.

• Chichester Art Society has a series of five workshops in April and May to help you Be A More Creative Artist. They will be tutored by one of the Society's talented members. Shân Harnes and are designed to show you various techniques and approaches to enliven your work and take it in new directions. They run from 1.30pm to 4.30pm on Tuesdays April 1st, 8th, 15th, 29th and May 6th at Bassil Shippam Centre (parking and easy access) and are open to non members at £30 each or £115 for all five (to include refreshments). For further information and to book a place contact the secretary on 01243 602360 or email jean.campbell@zen.co.uk.

• Monthly meetings carried out partially in Welsh result in English at all levels of Welsh welcome meetings in members' homes- contact Geoffrey on 07968 215 256 or gbthompson@btinternet.com.

• Friday 14th March
CHICHESTER MUSIC
Music Amongst the Art: Early Evening Jazz with Matthew Read (double bass) and Alex Maydew (piano) at the Oxmarket Centre of Arts, off East Street, Chichester PO19 1YH. 7.30 – 8.30pm.
Tickets £3.00 (full time students free) from the Oxmarket 01243 779103 nfo@oxmarket.com. Held in the exhibition of paintings, prints and drawings by Catherine Barnes. Open 10.00 – 4.30 and 6.30 – 9.00pm.

Saturday 15th March
CHICHESTER MUSIC
Music Amongst the Art. Recital of songs by Schumann (Dichterliebe). From and Martin Read, Tom Bullard (baritone) and Terence Allbright (piano) at the Oxmarket Centre of Arts, off East Street, Chichester PO19 1YH. 12.30 – 1.30pm.
Tickets £5.00 (full-time students free) from the Oxmarket 01243 779103 nfo@oxmarket.com. Held in the exhibition of paintings prints and drawings by Catherine Barnes. Open 10.00 – 4.30.

Sunday 16th March
CHICHESTER MUSIC
Music Amongst the Art: Piano Recital by Camilla Hessenberg Thomas Duchan Justin Kwok and Christopher Johnston. Works by Beethoven, Chopin, Granados, Grieg, Liszt and Rachmaninov. At the Oxmarket Centre of Arts, off East Street, Chichester PO19 1YH. 2.30 – 3.30pm. Tickets Free from the Oxmarket 01243 779103 info@oxmarket.com. Held in the exhibition of paintings prints and drawings by Catherine Barnes. Open 10.00 – 4.30.

If you would like a non-profit or profit to charity event listed, then send 70 words to events@chichesterherald.co.uk. All listings are subject to change without notice and it is entered here as supplied and in good faith. Chichester Herald cannot be held responsible for any changes occurring after publication.

Food & Drink

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Science in the kitchen: How to get kids interested

SCIENCE shouldn't be reserved just for the classroom. There are plenty of science experiments that you can do in the kitchen that involve food. Your kids will learn something while helping you make some yummy treats too.

• Turn cream into whipped cream without whipping

Get yourself some whipped cream chargers from www.creamchargersdirect.co.uk and show your kids something magical. Place cream and sugar into the dispenser with the charger attached. Then all you need to do is squeeze the trigger onto whatever your are making. Freshly whipped cream on hot chocolate, sundaes and cakes.

The science: The nitrous oxide in the charger is forced into the cream. It dissolves into the fatty molecules and creates a matrix that will temporarily hold pockets of gas. This forms the whipped cream that comes out. Using a cream charger actually makes a lighter whipped cream than the handmade method.

• The juiciness of meat and resting time

This is probably one for older kids but it will teach them about patience, as well as giving them skills for the future.

You can prepare two pieces of meat, let's say a steak. One you should leave to rest in a warm place after cooking – around five minutes – and the other you should cut up straight away. You and your children will see how the difference in texture changes between the two pieces of meat.

Look at texture, flavour and how much juice is retained within the meat.

The science: Resting gives the muscle fibres in the meat time to stretch, which distributes the juices more evenly. Take a look at The Food Lab from Serious Eats for more details.

• Crunchy cookies or chewy cookies

If you want to bake deliciously chewy cookies then the trick is to melt the butter first. Experiment with two batches of cookies made from the same recipe. In one batch melt the butter and in another keep it in chunks. If all goes to plan the cookies with the melted butter should be chewy and the other crunchy.

The science: Butter is around 18% water. When you melt it and add it to the mixture, the water will bind with the proteins in the flour to form gluten. It's this that makes the cookies chewy.

• The joys of umami

Umami is the fifth taste after salt, sweet, sour and bitter. It can be found in all sorts of food, especially those that have been seared in a hot pan. You can experiment with these flavours by using heavily umami foods in you day-to-day cooking.

Anchovies are a great example of this. Chop them up small and add to dishes such as chilli, burgers and spaghetti bolognese. You won't be able to taste the fish specifically but the overall flavour will be improved.

With your children, try a blind taste test and get them to choose which dish they prefer. Instead of anchovies you can also use Marmite and soy sauce as an umami bomb.

The science: Umami comes from a mixture of glutamates and ribonucleotides. When you combine foods with these umami giving compounds, you get a huge flavour impact.

WOODS
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HIGHGROVE HOUSE GARDEN TOUR
THURSDAY 1 MAY 2014
£66 per person
(includes packed lunch)

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Please note: this excursion is available without the packed lunch.

Pick ups in Chichester, Rose Green, North Bersted, Bognor, Felpham, Littlehampton & Rustington

01243 868080

Park Road, Bognor Regis, West Sussex, PO21 2PX

Sales Prove Hot, Hot, Just Like The Weather

WARMER temperatures are set to continue for the rest of the month and according to the latest sales figures from Waitrose, Brits are already making the most of the great outdoors.

While spring only officially sprung two weeks ago, this weekend's mild temperatures have put a bounce in the nation's step with barbecues up and down the country being dusted down ready for the first grill up of the year. Sales of burgers at Waitrose were up an impressive 121% on Sunday, compared to the same time last year, with sausage sales also up a sizzling 38%.

The warm weather has also meant that shoppers can tuck into home-grown strawberries a week earlier than last year, as Waitrose became the first supermarket to stock English strawberries on Friday. Soft fruit sales as whole increased by 12 per cent for the week.

The ideal gardening conditions prompted a massive 700 per cent increase in sales of garden plant sales, with top sellers including box topiary, cottage garden plants and spring bulbs.

A spokesperson for Waitrose said: "We've always been a nation of sunshine lovers and after such a miserable winter, it's wonderful to see that spring might have arrived earlier than expected. After weeks of rain, Brits are understandably excited to get outside and make of the warm weather with an early spring barbecue and delicious home-grown produce – long may it last."

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2 courses £19.50

3 courses £24.50

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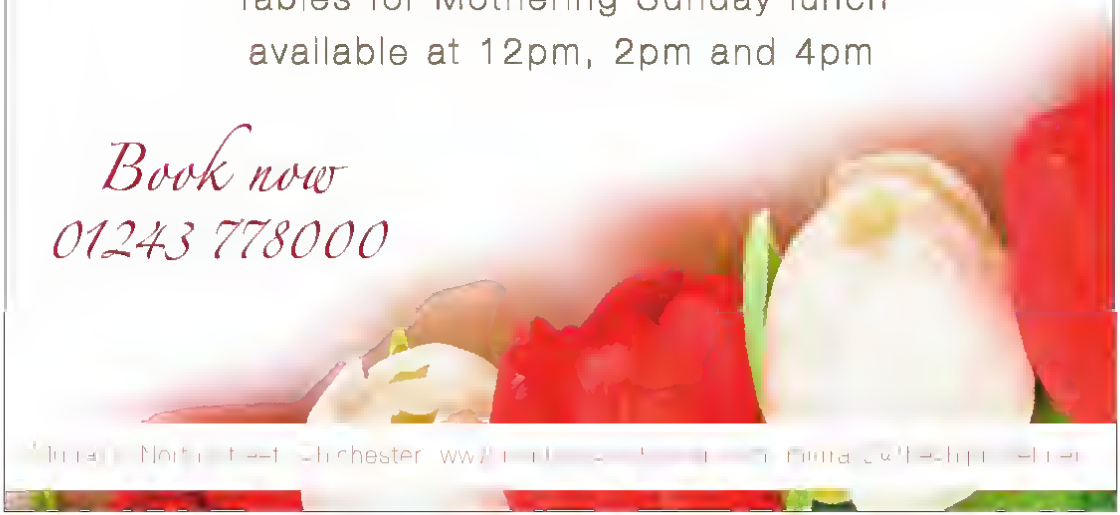

Murrays, North Street, Chichester www.[illegible]

Juice your raw potatoes for brilliant health benefits!

Denise Kelly
Naturopathic Nutritional Therapist

JUICING raw potatoes is a valuable natural remedy, which can provide help for an array of ailments! For making a good potato juice, all potatoes should be washed and all the black spots removed, because they are toxic. Also, you should never use juice of immature (green coloured) potatoes. If you mix it with carrot juice (25% of raw potato juice and 75% of fresh carrot juice), raw potato juice can help to calm down burning sensation and gastritis pains.

Some therapeutic uses of raw potatoes are:

Anemia. Potatoes are excellent sources of both iron and folic acid, which are essential for the production of red blood cells.

Arthritis. Like rheumatism, arthritis is an inflammatory condition. The high minerals, potassium and organic salt content in potato makes it one of the best anti inflammatory foods.

Burns, rashes and other skin irritations. When applied on the skin, raw potatoes (cut into slices or juiced) have anti-irritating, soothing and decongestioning properties. It can be used to treat a wide variety of skin irritations and conditions, including burns, rashes as well as skin redness, itching and dehydration.

Constipation and hemorrhoids. Boiled or steamed potatoes promote the formation and passage of soft, hydrated stools. So they can be effectively used as a natural remedy to treat constipation, eliminate bowel straining and prevent hemorrhoids.

Gastritis and gastric ulcers. Perhaps the most common use of raw potato juice is to treat gastritis, colitis, gastric and intestinal ulcers due to its anti-acid and healing properties. In these cases, to get the maximum benefit from potato juice, it is advisable to drink a half glass of it 3 to 4 times a day, for at least one month.

High blood pressure. Potatoes are excellent sources of potassium, which helps lower and stabilize blood pressure.

Joint and other types of pain. The regular consumption of raw potato juice is a valuable remedy in relieving pain associated with arthritis, gout and even headaches.

Rheumatism. The juice extracted from raw potato is an excellent remedy for rheumatism. It is very detoxifying for a toxic condition. Take 2 teaspoons of the juice before meal for best effect.

Tired eyes. Raw potato is really a useful aid for tired eyes. Apply thin slices of raw potato on the eyes at least twice a day; eyes dark circles will miraculously disappear!

Weight loss. It's a myth that potatoes are fattening. It is the oil in fried potatoes that causes weight gain. Raw potatoes are an excellent alternative for cereals and grains in any weight loss regimen, due to their lower calorie content.

For a full consultation and Asyra MedicalTest with Denise and to find out just what's going on in your body please contact her on info@denisekelly.co.uk or 01243 520040.

Denise Kelly is a BANT (British association of Nutritional therapists) registered Naturopathic NutritionalTherapist. She writes Nutrition Programs for a variety of organisations and has a private practise in Chichester West Sussex. @DKNutrition

Space potatoes!

In October 1995 the potato became the first vegetable to be grown in space. NASA and the University of Wisconsin, Madison created the technology with the goal of feeding astronauts on long space voyages, and eventually feeding future space colonies.

Harmony Acutherapy Clinic

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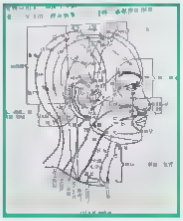
Suffering from Migraines? Help is at hand

Chinese medicine & acupuncture – a natural way to approach migraine

In Traditional Chinese medicine's philosophy, no stagnation (blockage), no pain. Using Chinese medicine &acupuncture, the stagnation can be removed, and the blood circulation in the head can be regulated. The body as a whole system can be balanced at the same time. So the treatment can release the symptom as well as to prevent it from happening. For people who are feared of needles, acupressure can be applied instead.



Dr FengWang is an associate of the ATCM (Association of Traditional Chinese Medicine and Acupuncture UK). He has been practising his profession over 18 years and has his own clinic in Chichester town centre.

Dr Feng Wang has been practising acupuncture and allied holistic therapies in London, Portmouth and Chichester for over 5 years. Prior to this, having obtained his degree in Chengdu University of traditional Chinese medicine he had practised acupuncture and medical herbalism in China for 12 years.

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Licensed Pharmacist and an Associate of the Association of Traditional Chinese Medicine UK
www.atcm.co.uk

Spire
Portsmouth Hospital

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our people set us apart from the rest

Clinical Recruitment Day

Saturday 29th March, 9.30am - 1.30pm

At Spire Portsmouth Hospital we are always looking to develop our range of clinical services, therefore we need new staff to help us deliver high quality care to our patients.

We are recruiting for RGN ward, outpatient and theatre nursing positions, including scrub, anaesthetic and recovery practitioners.

If you would like to find out more about a rewarding healthcare career at Spire Portsmouth Hospital please come along to our recruitment day.

For further information, call **02392 456171**
or email **info@spireportsmouth.com**
www.spireportsmouth.com

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Fashion & Lifestyle

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60% of single women have planned part of their wedding

SIX IN TEN single women have already planned aspects of their wedding – including choosing the dress they will wear and the flowers they will carry on their big day, new research has shown. A study found millions of women – who are still looking for Mr Right – have researched elements such as churches, flowers, reception venues, bridesmaids dresses and the car which will take them to the church.

The study revealed that nearly two thirds of single females have had certain aspects of their wedding planned since they were a little girl.

Almost a third of the 1000 single women polled have decided which of her friends will be bridesmaids – a decision which is typically made at the tender age of 18.

The astonishing extent to which many women have one eye on their big day even though they are still waiting to find 'the one' emerged in research carried out by Interflora.

The survey found that the average single girl starts thinking about elements of her wedding at the tender age of 13, with one in ten even starting to save money for the big day.

Of those, the typical budding bride will have put aside a whopping £968.

And 34% of unspoken for women regularly while away the hours browsing the web for inspiration on flowers, dresses and elaborate venues.

A spokeswoman for Interflora said: "This research shows just how important a woman's wedding day is to them.

"Even those who haven't yet got a partner have a clear idea of the type of wedding they would like.

"If you have attended the weddings of close friends and family it's hard not to be inspired and start envisaging how you would like your own big day."

The poll found that one in twenty girls have gone as far as buying wedding magazines, and 17% have taken the liberty of attending a wedding fair.

A dedicated 22% even have a scrap book, folder or Pinterest page where they keep ideas and inspiration for their future wedding.

The poll revealed that the average single female starts thinking about her wedding day at around the age of 13, although a quarter said they started thinking about it as young as six.

Despite many unattached girls meticulously planning their big day – not surprisingly 58% admitted they wouldn't dream of sharing their thoughts with a new boyfriend.

Although 27% said it may encourage a new suitor to pop the question.

The poll even found 13% of women have narrowed down the exact month they would like their nuptials to take place – and 27% have decided on a particular season.

It's no wonder unattached women are keen to walk up the aisle – 29% said their parents are encouraging them to get hitched soon.

A spokeswoman for Interflora added: "It is romantic to think that there are so many women out there who can't wait to fall in love and enjoy a fantastic wedding day.

"We know how much people think about all aspects of their wedding day before deciding on what is right for them.

"Researching and getting ideas is really important for the biggest day of your life.

"And that's where we can help – as the UK's leading network of expert florists we can offer inspiration, guidance and support on choosing your wedding flowers – however far in advance you are planning."

The poll also revealed that a sunny day, a knock-out dress, beautiful flowers and a meaningful service were the most important elements of a really good wedding.

Percentage of single women who have decided on following wedding decisions

- Selected the type of wedding dress 49%
- Thought about their honeymoon destination 32%
- Selected bridesmaids 31%
- Chosen the flowers 23%
- Decided on your hairstyle 20%
- Chosen the wedding venue 20%
- Thought about the menu choices 17%
- Thought about the favours 15%
- Decided on the cake 12%
- Chosen the church 12%
- Thought about the vows 12%
- Decided on the hymns 9%
- Decided on an exact date 6%

131 million days were lost due to sickness absences in the UK in 2013

131 MILLION days were lost due to sickness absences in the UK in 2013, down from 178 million days in 1993, according to a new report looking at sickness trends over the past 20 years. Most of the fall in sickness absence was between 2003 and 2011. Looking at the number of days lost per worker, in 1993, around 7.2 days were lost and by 2013 this had fallen to 4.4 days.

The main cause for working days lost in 2013 was musculoskeletal conditions (such as back and neck pain), leading to 31 million days lost. The next most important cause was minor illnesses such as coughs and colds (27 million days lost), followed by stress, anxiety or depression, at 15 million days lost.

For those aged 16 and over, men consistently had a lower sickness absence rate than women. In 2013 men lost around 1.0% of their hours due to sickness, a fall of 1.1 percentage points from 1993 when 2.7% of men's hours were lost to sickness. Over the same period women have seen a reduction of their hours lost from 3.8% to 2.0%. Women and men work in different types of jobs and when controlling for these differences and other factors that influence sickness, women were 42% more likely to have a spell of sickness than men.

In 2013, the percentage of hours lost to sickness in the private sector was lower than in the public sector at 1.8% and 2.9% respectively. Within some of the larger public sector organisations, sickness absence rates were highest for those working in a Health Authority or NHS Trust (3.4%). When controlling for the different factors that influence sickness, public sector workers were 24% more likely to be off work due to sickness than those in the private sector.

Between October 2012 to September 2013, workers in London had the lowest percentage of hours lost to sickness, at 1.5%. This may be down to the fact that the London workforce, when compared with other parts of the Great Britain has a younger work force and more self employed people. The South East, with the second lowest percentage of hours lost at 1.8%, also has a higher than average percentage of self employed workers and more private sector workers. The highest percentage of working hours lost to sickness was in the East Midlands, Wales and North East, at 2.4%. When taking into account the different workforce and jobs in each region there was no statistically significant difference in the sickness absence across the country.

Shoes get the boot as trainers takeover

"TRAINERS are no longer just for the gym. High street retailer Debenhams reports sales of sports shoes are soaring as celebrities and fashionista's embrace the latest trainer led trend.

The fashion sneaker has seen a 97% increase on last year as customers snap up the latest pairs including styles featuring neon, animal prints, metallic panels and mesh.

Fashion editors across the globe were spotted during Fashion Weeks sporting the latest 'kicks' on the front row, proving they are the only shoes to be seen in this season.

Last month's Chanel Paris Haute Couture show saw Karl Lagerfeld send all 65 models down the catwalk in sports shoes paired with tweed and crochet skirt suits including model of the moment Cara Delevingne who opened and closed the show in an iconic wedding dress.

"Women no longer need to reserve trainers for their daily commute, carrying their trusty heels in their handbags like Melanie Griffith in 'Working Girl'" Said Natelle Baddeley, Head of Design, Debenhams.

"Thanks to fashion editors and celebrities such as Kristen Stewart, Naomi Watts and Cate Blanchett, who have all worn them on the red carpet, it's now completely acceptable to wear trainers with dresses, skirts and even trouser suits.

"Raf Simons followed suit with a handful of models sporting mesh slip-ons with ball gown at the Dior Couture show last month.

"The pairing of trainers with couture gowns shows how far they have come in fashion circles, Rihanna, Lilly Allen, Jessica Ennis-Hill and Miranda Kerr have been huge advocates of the trend even before the catwalks, showing us how to wear them without looking like a teenybopper.

"My advice is to avoid tights, go bare-legged or add little ankle socks if pairing with dresses and skirts or wear with tailored trousers and slim cut jeans if the weather isn't on your side," added Natelle.

The modern athletic shoe began with the introduction of the plimsoll in the mid-19th century; they were widely worn by vacationers and also began to be worn by sportsmen on the tennis and croquet courts for their comfort at the turn of the 20th century.

British company J W Foster and Sons designed and produced the first shoes designed for running in 1895, this style of footwear also became prominent in America at the turn of the 20th century, where they were called 'sneakers'.

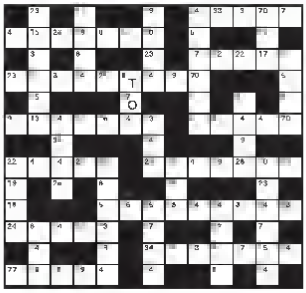
During 1918 – 1939, athletic shoes began to be marketed for different sports, and differentiated designs were made available for men and women.

As well Nike, Adidas and New Balance, brands such as Faith, Call It Spring and Debenhams own brand 'Red Herring' are extremely popular with the 200 year old retailer's customers.

Brain Gym

Crossword

Each number in the grid represents a different letter of the alphabet and every letter of the alphabet is used. Use the given letter(s) to the right of the main grid to start you off.



1	14
2	15
3	16
4	17 O
5	18
6 T	19
7	20
8	21
9	22
10	23
11	24
12	25
13	26

Last week's solutions:

1 J	2 K	3 H	4 W	5 D	6 O	7 T	8 V	9 L	10 Q	11 Y	12 Z	13 S
14 E	15 I	16 C	17 B	18 M	19 G	20 A	21 U	22 P	23 R	24 X	25 N	26 F

Wordsquare

B	G	D
I	U	N
R	E	N

Give yourself ten minutes to find as many words as possible using the letters in the grid. Each word must use the central letter and at least 3 others, and letters may be used only once. You cannot use plurals, foreign words or proper nouns, but verb forms ending in s are permitted. There is one 9-letter word to be found.

How you rate

15 words - average,
25 words - good;
35 words - very good;
40 or more - excellent.

Last week's solutions

able, abler, agree, aqua, area, argue, auger, bagel, bale, baler, bare, barge, beagle, bear, beau, beleaguer, below, blare, blear, brae, brag, eager, eagle, earl, gable, gale, gare, garble, gear, grab, grape, large, league, leaguer, rage, real, regale, urea.

Double Crossword

Choose either quick or cryptic clues

Cryptic Clues:

Across

1 The tide at noon makes a noise (10)
7 Scent that starts a romance (6)
9 One still too young to take certain steps (7)
10 It's not a close-up you can bet on it! (4,4)
11 It's heavenly to play, but there are strings attached (4)
12 A systematic way to mix things up (6)
15 A girl distributes medals (6)
17 Experts break the case (4)
18 Hold back, being shy (4)
21 Serious Eastern muddle (7)
22 Thick wooden seat in part (5)
23 Anger badly out of place generally speaking (2,3,5)

Down

1 One way to kill a doctor new perhaps (5)
2 Strange patterns found in church (8)
3 This idea we'll get you into no trouble (6)
4 Confidence trickster's arm spells trouble (2-2)
5 Learns nothing about a French city (7)
8 Model turns out to be fitting (6-4)
9 Some steps that have to be suspended (4,6)
12 Rush the French sell with hesitation (8)
14 Many in good time play only seen (7)
16 Such a surgeon knows his drill (6)
19 Rendezvous put back in time uneventfully (5)
20 Inches to be thin? (4)

Quick Clues:

Across

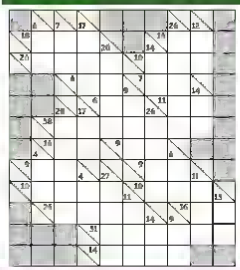
1 Individual (10)
7 Ventilated (5)
8 Exceptional (7)
10 Appalled (6)
11 Arena (4)
13 Use (5)
15 Road (5)
17 Fall (4)
18 Affluent (4,2-2)
21 Certificate (7)
22 Asserts (5)
23 Descriptive proposal (10)

Down

1 Severs (5)
2 Heater (6)
3 Part of the foot (6)
4 Accustomed (4)
5 Stupid (7)
6 Shrewd (4-6)
9 Navigational beacon (10)
12 Resolute (5)
14 Thaw (7)
16 Narrate (6)
19 Signs (5)
20 Pitch (4)

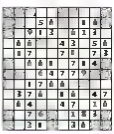
Scribble pad

Kakuro



Fill in the white squares with numbers 1 to 9. Each horizontal block must total up to the number in the shaded square to its left, and each vertical block to the number above. Numbers may be used once in each block.

Last week's solutions:



Sudoku

Fill in the grids below so that every column, every row and each of the 3x3 boxes contains all the digits from 1 to 9.

Last week's solutions > From top to bottom: Simple, Intermediate, Difficult

Simple

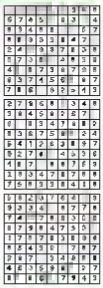
	4			5			1	
	2	8	6		3		9	
7			4			2		6
		3		2	1			4
2		4				1		5
8			5	4			2	3
		9			5		8	2
	8		2		4	7	3	
	6			9				

Intermediate

					9	8	2		4
4	9			3			1		8
		1			4		6		
	4						3		1
	1	6	5		2		4		
3		7			1		9		
				2		7		5	
6		4			3		1		
		5	8	1					

Difficult

6			7	3				
	9				5			
	7	1						
7	5			9	1			2
		8				9		
3			5	4			8	6
						2	9	
	1						8	
				2	7			4

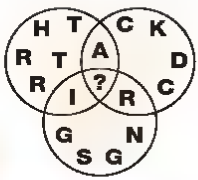


Last week's solutions

GRYPHG Across, 6 Nugget, 7 Admit, 9 Thy, 10 Ephemeral, 12 Hunger march, 15 Painted lady, 17 Breakneck, 18 Gem, 21 Stare, 22 Log, book. Down, 1 Blight, 2 Age, 3 Dregs, 4 Idle hands, 5 France, 8 Patrol, 11 Turntable, 13 Greens, 14 Narrate, 16 Depot, 18 Chop, 20 Elab. QUICK Across, 6 Double, 7 Delay, 9 Lay, 10 Incessant, 12 Thirsted, 15 Contraversy, 17 Fattener, 18 Shy, 21 Feint, 22 Fiasco. Down, 1 Vits, 2 Ban, 3 Pain, 4 Senseless, 5 Sadness, 8 Settle, 11 Whetstone, 13 Loosen, 14 Erudite, 16 Clasp, 19 Even, 20 Set.

Circlegram

Replace the quest on mark with a letter so that the letters within each circle can be arranged to form words on a common theme. What are the three words, and the letter represented by the question mark?



Last week's solutions:

The letter represented by the quest on marks is P. Pointer, spaniel, whippet, all breeds of dog.

Alphamuddle

Rearrange the letters in the grid B to make five words that read both across and down. Five letters have been placed to start you off.

		U			
				I	
					A
M					
	T				

A

B	R	I	L	T
S	H	U	M	A
M	U	L	T	S
S	I	M	P	E
R	I	M	A	S

B

Last week's solutions.

Growl, Radio, Odder, Wield, Lorde

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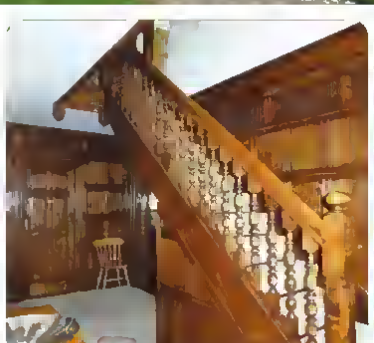
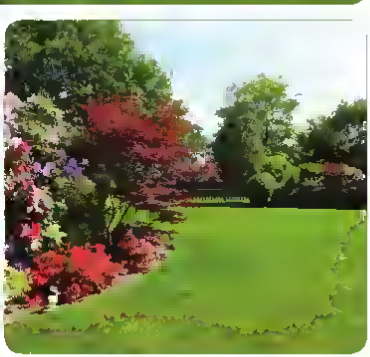
An impressive detached residence situated on a large double plot believed to be in the region of one acre approx. 400 yards from the beach G F H leaded light dble glazing entrance hall refitted gr fl bathrm triple aspect lounge large dual aspect sun room hobbies room dining room study/gr fl bedrm with en suite shower rm kit/breakfast rm utility area with laundry room garden room galleried landing 3/4 double bedrooms refitted shower room double garage with workshop/storage rm carport large front garden with parking for several vehicles, superb secluded rear garden amounting to almost 3/4's of an acre with tennis court summer houses and garden shed EPC RATING D

For more information, contact Coastguards Estate Agents on 01243 267026
www.coastguardsproperty.co.uk





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ALDWICK **£395,000**

A well presented detached family house situated in a peaceful cul-de sac approx 400 yards from the beach Cloakrm light & spacious open plan lounge/dining rm. kitchen separate breakfast area (currently a study) four bedrms spacious bathrm a double garage and easily maintained attractive Southerly rear garden EPC Rating D

FORD **£795,000**

A detached cottage style house set in approx two acres of ground offering superb sweeping rural views The property has potential for further development if required. Cloakroom entrance hall/study dual aspect living room dining room good size kitchen, separate utility room, master bedroom with en suite shower room two further bedrooms second shower room detached triple garage with studio/office over heated swimming pool and hot tub 2F timber garden store EPC Rating E

ALDWICK BAY ESTATE **£670,000**

A spacious detached house situated in quiet cul-de-sac of private marina estate within 100 yards of the private beach. The current owners have carried out a comprehensive programme of extension and re-furnication G.F.H. u.P.V.C. double glazing facias & soffits cavity wall insulation cloakrm lounge dining rm sitting rm kit/breakfast rm master bedrm with en suite bathrm, four further bedrms, second bathrm shower rm balcony integral garage and gardens including a secluded courtyard garden with heated swimming pool EPC rating is D

ALDWICK **£595,000**

An unusual detached property situated in a secluded position within 200 yards of the private beach The very well presented property includes a spacious entrance hall cloakrm a living rm good sized conservatory/dining rm kit/breakfast rm utility rm gr fl bedrm with en suite bathrm, further gr fl bedrm/study first floor bedrm with en suite shower rm family bathrm. detached dble garage with study/office over secluded Southerly gardens EPC Rating C

ROSE GREEN **£315,000**

An attached house situated in a residential development with n 400 yards of Rose Green schools, shops and doctors are located a little further to the East. G F.H. u.P.V.C. d/glazing cloakroom lounge kitchen/dining room delightful conservatory master bedroom with en suite shower room three further bedrooms, bathroom detached single garage and an easily maintained South West facing garden EPC RATING C

ALDWICK **£149,950**

A one bedroom close care apartment in the grounds of the Royal Bay care home purpose built to be elderly user friendly with many safety features and the availability of any level of assistance from the care home gas c.h. double glazed living room kitchen bedroom bathroom personal patio area. EPC rating C

ALDWICK **£130,000**

A one bedroom close care apartment in the grounds of the Royal Bay care and nursing home purpose built to be elderly user friendly with many safety features and the availability of any level of assistance from the care home. The property has been recently refurbished with new carpets replacement shower room refurbished kitchen and an internal redecoration. Gas c.h. double glazing living room and a communal laundry room EPC rating is C

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Sport

Golf

Innovation in golf club membership

CHICHESTER Golf Club has been a feature of our area for nearly 25 years. Lots of locals have learnt and perfected their golf game at this wonderful golf centre. The Club has the most extensive facilities of any in the area with two 18-hole golf courses, a nine hole par 3 course and a driving range. The Cathedral course is one of the most challenging in the south and features the 608 yard par 5 fifth hole which is affectively known as the 'Mother of all golf holes' for good reason. With water down both sides of the narrow fairway and into the prevailing wind you do well to score a par. The Tower course is slightly more forgiving but the tricky 'Mackenzie" style greens make putting a challenge.

Chichester Golf Club boasts a thriving membership in all sections and hosts regular competitions. To reflect peoples changing lifestyle the Club has launched a new style of membership called Flexi Membership. Flexi Membership offers a whole new approach to being a member of a golf club. It is straight forward and as the name suggests, completely flexible. As a Flexi Member you only pay for only the golf you play, and this is achieved by using credits. You can purchase the number of credits you require depending on your lifestyle. Flexi membership starts from just £275 and offers the benefits of full membership. So if you want to play in competitions and if you want to hold a handicap but don't think you have the time to play every week – this is the membership for you.

Sally Haygarth, owner of Chichester Golf Club said: "We recognise in today's busy world that not everybody who wants to be a member of the club can play every week, so we have designed the new Flexi Membership to take account of this. This will bring the option of membership to a whole new group of people who thought they could not afford to be a member of a golf club.

The Club are still keeping the concept of full membership which allows you to play unlimited golf 5 or 7 days a week.

If you are interested in the Flexi Membership or want to find out more about the extensive facilities at Chichester Golf Club call 01243 53666 or go online at www.chichestergolf.com. The Club are also holding an open day on 26 April if you want to see for yourself.

Football

Girls showing the way

CHICHESTER COLLEGE and Chichester City Ladies FC have combined forces this season to bring girls football to the masses with a series of Girls Football Festivals. Two years ago there were no opportunities for girls to play football in the city so a team of dedicated senior female players from Chichester City Ladies set about establishing girls only after school clubs which subsequently led to a regular club at a central location. With three sides established and playing in leagues/tournaments this season the Club and College decided to bolster numbers through providing opportunities for local Primary Schools to come to the College and take part in a Girls Football Festival. The project has been headed up by Chichester City Ladies First team manager Matt Wright although the lion share of the work, including lead coaching, has been done by Chichester's award winning coach Lizzy Ogden.

Lizzy has invited the local schools along where she and a team of female students lead fun based sessions to help encourage girls to take up the sport. Several local schools have got involved in the project and the feedback from both girls and PE staff has been fantastic. James Atkins form March School said: "The event was a great success and owes much thanks to all the excellent leaders who helped encourage and support the children throughout the afternoon."

Lizzy Ogden has been overwhelmed with the interest, she said: "The uptake from the schools has been phenomenal, we were booked up very quickly and have had to provide additional dates. In total we will be coaching over 000 girls this season with the aim of getting girls along to our Saturday Club."

The Saturday Club runs at the University 1000-1130hrs every week, for more information of how to get involved contact Matt matt.wright@chichester.ac.uk.

Coaches Jodie Greenway, Lizzy Ogden and Lauren Ellis

Sussex County Football League Tablee

Division One

	Team	P	PTS
1	EAST PRESTON	23	63
2	LITTLEHAMPTON TOWN	26	52
3	CROWBOROUGH ATHLETIC	28	51
4	EAST GRINSTEAD TOWN	26	50
5	HASSOCKS	25	46
6	HORSHAM YMCA	26	44
7	PAGHAM	25	35
8	SELSEY	28	35
9	CHICHESTER CITY	28	35
10	OORKING WANDERERS	25	34
11	ST FRANCIS RANGERS	27	34
12	RINGMER	25	33
13	NEWHAVEN	23	29
14	LINGFIELD	24	29
15	SHOREHAM	24	29
16	RYE UNITED	22	26
17	LANCING	27	*24
18	ARUNDEL	22	21
19	HAILSHAM TOWN	22	19
20	WORTHING UNITED	24	5

* 6 pts deducted due to ineligible player

Division Two

	Team	P	PTS
1	EASTBOURNE UNITED AFC	22	57
2	LOXWOOD	23	54
3	BROADBRIDGE HEATH	22	48
4	HAYWARDS HEATH TOWN	24	48
5	LITTLE COMMON	24	48
6	BEXHILL UNITED	25	37
7	WICK & BARNHAM UNITED	23	33
8	STEYNING TOWN	20	32
9	AFC UCKFIELD	22	29
10	WESTFIELD	21	28
11	MILE OAR	19	*26
12	STORRINGTON	25	22
13	OAKWOOD	20	21
14	SALTDEAN UNITED	23	20
15	RUSTINGTON	25	17
16	SEAFORD TOWN	25	16
17	MIDHURST & EASEBOURNE	23	15

* 1pt deducted - ineligible player

Division Three

	Team	P	PTS
1	LANGNEY WANDERERS	18	28
2	IFIELD	13	24
3	ROFFEY	12	21
4	SIDLESHAM	14	21
5	FERRING	11	19
6	UCKFIELD TOWN	12	18
7	CLYMPING	14	15
8	BILLINGSHURST	15	14
9	ROTTINGDEAN VILLAGE	14	14
10	HURSTPIERPOINT	18	13
11	SOUTHWICK	15	11

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